



SMART Courses

SMART
programmes are
FREE for young
people to join!

Active Essex Foundation (AEF) free SMART programmes (Girls Inspired, Boys Inspired, BoxSmart and SportSmart) provide early intervention support for young people aged 11 to 24 who face social, emotional, behavioural or environmental challenges that may affect their wellbeing, engagement and future opportunities.

Supporting those impacted by exploitation, anti-social behaviour, youth crime, poor mental health, low confidence, school attendance issues or the risk of becoming NEET (Not in Education, Employment or Training), SMART helps young people build resilience, develop positive life skills and achieve their goals.

The SMART framework focuses on five key areas:

Sport: encouraging engagement in physical activity

Motivation: helping individuals identify future goals and aspirations

Awareness: developing knowledge and understanding of risks

Resilience: building confidence and decision-making skills

Trust: encouraging positive relationships and peer support

SMART supports young people to:



Build confidence through sport and physical activity



Improve decision-making and problem-solving skills



Develop essential life skills for everyday success



Gain new qualifications and accreditations



Explore real-life topics in a supportive environment



Access leadership and volunteering opportunities



BoxSmart course for all genders aged 11-16 years



On-going weekly sessions
on Tuesdays



8 North street Bush Fair, Harlow
CM18 6PA, Essex



4.30pm to 6.30pm



Contact Changing Lives
for more information: [01279 801006](tel:01279801006)

Scan the QR code to book a place
or refer a young person!



Delivered by:

